

We claim:

1. A method for providing nutrition to an individual with diabetes comprising enterally administering a liquid nutritional product comprising:
  - a) total carbohydrate from about 25% to about 55% of the total calories of the product, wherein said carbohydrate comprises a digestible glucose polymer to fructose wt/wt ratio from about 19:1 to about 1:1, and wherein from about 1 wt/wt% to about 20 wt/wt% of the total carbohydrate is nonabsorbent carbohydrates, and
  - b) a source of protein from about 10% to about 35% of the total calories of the product.
2. The method according to claim 1 wherein said total carbohydrate further comprises less than about 17 wt/wt% of the total carbohydrate as dietary fiber selected from the group consisting of soluble fiber, insoluble fiber, fermentable fiber, non-fermentable fiber and mixtures thereof.
3. The method according to claim 1 wherein said total carbohydrate further comprises less than about 20 wt/wt% of the total carbohydrate as indigestible oligosaccharides.